

# WIC Staff Quick Reference – wichealth.org Lesson Descriptions

## “Pregnant Women” Tab:

### **Food Safety for Moms-to-Be**

Protect you and your baby with some simple **food safety tips especially important during pregnancy**. Keep foods safe to eat and avoid risky foods, including Listeria infection.

### **Understanding Your Baby's Sleep**

**Tips for sleepy parents** and **how to calm a crying baby** are here! **Understand why a newborn baby needs to wake up often** and how babies sleep.

### **A Recipe for a Healthy Pregnancy**

Includes **many ideas to help you eat healthy, stay active, have a healthy pregnancy and a healthy baby**. Healthy moms have healthy babies!

## “Infant” Tab:

### **Understanding Your Baby's Cues**

Your baby is trying to tell you something! Do you know what it is? Learn how to **recognize and respond to the cues your baby uses to communicate with you**.

### **Baby's First Cup**

**Wonder how to teach your baby to start drinking from a cup? What type of cup to use, what to put in the cup?** It's here-and more!

### **Starting your Infant on Solid Foods**

When to begin feeding your infant solid foods is important. **Make this new experience safe-- and enjoyable for you and your child**.

### **Breastfeeding: Building a Bond for a Lifetime**

**This lesson has great information about breastfeeding!** Mom-to-be?-learn about the benefits of breastfeeding. New mom who would like breastfeeding support? Get tips on how to continue breastfeeding when dealing with work, pregnancy and starting baby on solids. Make this a special bonding experience for you & baby.

# WIC Staff Quick Reference – wichealth.org Lesson Descriptions

## [“Children ages 1 – 5” Tab:](#)

### **Happy Healthy Active Children**

Have a house full of kids that just can't sit still? Or couch potatoes glued in front of the TV? Get **fun ideas on physical activity and healthy tips for the whole family!**

### **Make Meals and Snacks Simple**

**Need easy recipes and shopping tips? Fun food ideas & ways to involve your kids in the kitchen?** Here are many “how” and “why” tips to get you started.

### **Trust Your Child to Eat Enough**

**Meal times can be fun without the battles! Discover answers** to questions like “Has my child really had enough to eat?”, “Should kids have to eat all the food on their plate?” and “When do I offer dessert?”

### **Fun and Healthy Drinks for Kids**

**Who would have guessed that your child's beverage could have so much impact on their future health?** Find out why it's so important to “think your drink!” Get tips to help your children drink more water and fewer drinks filled with sugar.

### **Build Strong Kids with Dairy**

**Not much of a milk drinker? You can still get important dairy food nutrition every day.** Simple ways to include low-fat milk, cheese & yogurt in your family meals.

### **Secrets for Feeding Picky Eaters**

**Have a “selective” eater? ☺ You'll want these tips!** Feel good as a parent as you trade short-order cooking, refused food and mealtime battles for happier times!

### **Fruits and Veggies Grow Healthy Kids**

**Offer a Rainbow of fruits and veggies** for your child's plate every day! Use all your important WIC fresh fruit & vegetable benefits with these quick, colorful & easy ideas.

### **Help Your Child Make Good Eating Choices**

**Whose job is it to make healthy eating choices-yours or your child's??** Get good advice and maybe a few nice surprises on balancing family food choices.

### **Two Minutes Twice a Day for a Healthy Smile**

Fun games and videos to help you & your child **have a beautiful smile and healthy teeth for a lifetime.** Preserve your ability to eat well! Even babies need oral care.

# WIC Staff Quick Reference – wichealth.org Lesson Descriptions

## [“Family” Tab:](#)

### **Meatless Meals for Busy Families**

We'll show you how making **meatless meals can help you save money on your food bill AND stay healthy!** Includes a variety of **yummy recipes and useful tips.**

### **Create Good Eating Habits in Your Child** (previous Make Mealtime a Family Time)

Is your family **too busy to eat together** during mealtime? **Do cell phones, video games, and the television seem more important than eating together?** Are mealtimes just plain stressful? If so, **click here to learn how to unplug.**

### **Farm to Family: Keeping Food Safe**

There are simple steps to making sure healthy foods like fruits and vegetables stay safe to eat. **A great food safety lesson**, especially if you love farmers' markets!

### **Making Healthy Meals**

**Consider yourself an expert chef, or have you sworn off cooking all-together? Either way, enjoy** creative, thrifty, and healthier home cooking- less salt, sugar & fat.

### **Eat Well – Spend Less**

Learn the **secrets to saving money** at the grocery store and **make the most out of your family's food dollars!**

### **Steps to a Healthier Family** (previous Choose MyPlate to Build a Healthier Family)

Get connected to an EASY way to eat healthier with MyPlate guidelines and **terrific and fun ideas, tools and interactive activities** at the USDA "Choose MyPlate" link.

### **Healthy Whole Grains**

Wondering **what's all the hype about whole grains and high-fiber foods?** Learn why! Here is information about what whole grains offer, easy ways to include whole grain foods, shopping tips, meal planning ideas, cooking tips, recipes and more!

# WIC Staff Quick Reference – wichealth.org Lesson Descriptions

## “Parents” Tab:

### **Preparing for a Healthy Pregnancy**

**Planning a pregnancy in the next 3 to 12 months?** Understand why eating healthy and a daily multivitamin with folic acid are so important before becoming pregnant.

### **Be Healthy as your Baby Grows**

**New moms** are sometimes so busy, that it’s hard to **find time for yourself as your baby grows!** This lesson will give you help on how to become or stay active and have good eating habits after childbirth.

### **Be Healthy with Fruits and Veggies**

**Learn how to enjoy and add the powerhouses of good nutrition & health-Fruits and Vegetables to your meals and snacks.**

### **Keep Your Family Safe from E.Coli**

Parents can learn some **simple steps to lower their child's risk of E.Coli, a scary food-borne infection** that’s been in the news in recent years.